Good News For Homemakers

Congratulations to local homemakers!

By SHIRLEY W. WALTON
Extension Agent

Congratulations, Homemakers

This week, May 1-7, Extension Homemakers throughout the nation will be celebrating Extension Homemakers Week. On behalf of the Appomattox Extension Staff, I wish to salute the nine Extension Homemakers Clubs in Appomattox County. They are Country Lane, County Line, Henny Penny, Meadowlark, Oakville, Pamplin, Spout Spring Progressive, Stonewall and Town and Country. The Town and Country Homemakers Club was just organized in February.

I recently found an interesting paper which was presented by a former State President at the Virginia Extension Homemakers Annual Meeting. This was written by Betty Bird.

What Is a Homemaker?

A homemaker is a woman and a woman is a creature of God.

She is a complement to man.

She is capable of deep love when caring for her children or her man.

She is a container for tears, fits of depression, the blues, and wild, uncalled-for outbursts of temper.

She is gentle and tender when she feels secure, and mean and ornery when she's unhappy.

She is afraid of mice but not one bit frightened by a husband twice her size.

She starves herself all week, to look nice for the weekend dinner party where she stuffs herself so everyone will think she has no figure problem.

She admires other men but has a fit if her husband look twice at another woman.

She loves her husband with all her heart but still wonders, at time, about "the one that got away."

She is smug when complimented, understanding when confided in, and nasty when gossiping.

She is compassion in an apron, love with a diaper in her hand, worry in a sickroom, and outraged yell or a tender kiss to her children.

She is a friend to her husband, a source of nourishment to the household pets.

She is a defender of women's rights, a reader of Dr. Spock, a neglector of lawns, a singer at the ironing board, a scowler at dirty windows, a face washer, a spanking giver and a reservoir of affection.

She is all this and a lot more.

She is woman: a household necessity, the heart of the home.

Again, congratulations, homemakers. It is special to be a homemaker. Let's remember that everyone is a homemaker, men and women alike, because all of us work together to make a house a home.

If you have a homemaking question or problem, you may call us at 352-8244 or you may write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Squash Casserole

3 cups squash
1 onion, chopped
1 can cream of chicken soup
1 cup dairy sour cream
1 cup carrots, shredded
18 oz. pkg. herb seasoned dressing mix
½ cup butter, melted

Combine cream of chicken soup and sour cream. Stir in carrots. Fold in drained squash and onions. Combine stuffing mix and butter. Spread half of stuffing mix in bottom of baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetable mixture. Bake 350° for 30 minutes.

Many thanks to Mrs. Lizzie Jamerson for sharing this delicious recipe with us. She is a member and past president of the Pamplin Extension Homemakers.

OAKVILLE HOME AND GARDEN CLUB MEMBERS have completed the quilt shown above. Pictured with their hand work are (left to right), Mrs. Vera Moore, Club President; Mrs. Jessalyn Burcher, Secretary-Treasurer and Mrs. Claudie Moore, club member. The quilt will be on display at the Oakville Ruritan Club Flea Market on May 7. A drawing will be held on October 1 for the quilt. Tickets may be purchased on May 7 from any club member; proceeds from the quilt will be used by the club for community projects.

WADE'S TEXACO OF EVERGREEN has been recognized by Texaco as one of the outstanding Texaco stations in this region of Virginia. The station, which features a well-kept playground and picnic area used by school children, church groups and other organizations, has also been cited by the Appomattox County Environmental Improvement Committee as an outstanding example of a well-kept business. Shown in the above photo are (from left) Mrs. Edith Ferguson, member of the Appomattox Homemakers and former president of the Henny Penny Extension Homemakers Club; Mrs. E. G. Wade, who with her husband owns and operates the business; Mrs. Penny Mongold, president of the Appomattox Extension Homemakers Council; and her son, Kevin, playing on the tractor.

Happiness is 4-H

By FRANK H. SWEET
Extension Agent

Eleven senior 4-H'ers won trips to State 4-H Congress during the recently held District 4-H Contest. Among those earning the right to compete on the state level were: Cheryl Wooten in Fashion Revue, Lucy Christian in Home Environment; Brett Marston in Public Speaking; April Talbot in Fishing; Darrell Conner in Home Management; Ada Hunter in Egg Cookery; Jeff Williams in Archery Skills; Lisa Harrison in Forestry; Howard Anderson in Poultry Production, Martha Haley in Milk and Milk Products and Robert Taylor in Conservation of Natural Resources. Each of these 4-H'ers will have the opportunity to attend State 4-H Congress in June.

* * *

The District 4-H Soils Judging Contest was held in Campbell County this past Saturday. Participating from Appomattox were: Craig Ranson, Howard Anderson, David McDonald, April Hackney, Debbie Richgardson, Tammy Williams, Michelle Baldwin, Stephanie Covington and Robert Coleman.

Senior members will have the chance to take part in the State 4-H Soils Program in June.

The Central Virginia 4-H & FFA Livestock Show will be held Saturday, May 7, at the Lynchburg Livestock Market. Young people from surrounding counties will be exhibiting beef steers, beef heifers and market lambs. The show will begin at 7:00 A.M. with the weighing and grading of the steers and lambs and will conclude at 7:30 p.m. with the sale of the beef steers. A highlight of the all-day event will be the drawing for a hind quarter of choice beef which will take place at 7:30 p.m. The event will be held entirely at the Lynchburg Livestock Market and all interested persons are invited to attend.

Entered in the show from Appomattox are Kris Starner, Tami Giles, Tracie Starner and Glen McClenny with Beef Heifers and Jennifer Starner and Tammie Starner with Beef Steers.

* * *

4-H Camp applications are coming in each day. Remember that members have until June 10 to sign up to attend camp.

Wright speaks

Henry Wright, who operates a catering business in Appomattox County, addressed Mrs. Pat Rice's Consumer and Homemaking II classes on April 19.

In conjunction with current foods and nutrition education activities, he demonstrated meat-carving techniques for the classes and answered many questions concerning careers in the foods industries.

Members of the classes extended thanks to Mr. Wright for sharing his time and knowledge.

Con$umer ene Note$

On baking soda

By OCIE M. MACK
Extension Agent

With shopping dollars so scarce, the pressure's on to cut costs where we can. But do you "shop smart?" If you do, you'll have no trouble passing this simple test:

How do you clean your microwave oven?

How do you clean your countertops and tabletops?

What do you use to clean your appliances?

What kind of bathroom cleaners do you use?

If you had more than one response to all these questions, you're wasting your supermarket dollars. The single correct answer? Baking soda!

Baking soda simultaneously cleans and deodorizes most kitchen and bathroom fixtures and appliances safely and effectively. And it's a bargain: One pound of baking soda costs far less than many cleaners. Here's how to get all these product benefits out of one inexpensive box of baking soda.

Ideal for Microwaves

Start with your kitchen. Pure baking soda is the ideal cleaner for microwave ovens. Most microwave manufacturers warn against using abrasive cleaners on stainless steel or acrylic interiors, and baking soda is an effective non-abrasive that cleans without scratching. Gently wipe the inside of the oven and around the door seal with a baking soda solution of four tablespoons of baking soda to one quart of warm water.

This solution is also great for cleaning all parts of the range—surface units or burners, grates, knobs and the hood especially. Scour extra dirty and greasy areas with baking soda sprinkled on a damp sponge; rinse and dry.

With the same solution and a sponge, you can clean and deodorize most other surfaces in your kitchen. Baking soda solutions also clean formica countertops, linoleum tiles, chrome, wood cutting boards, stainless steel and porcelain enamel. Don't throw out the sponge when you're done. A baking soda solution neutralizes any odors.

And, most refrigerator manufacturers recommend baking soda as a cleaner. It cuts films without scouring and removes stains without scratching.

Deodorizer

Leave an open box in the refrigerator and in the freezer to prevent food odors from spreading. Replace it every three months. It still has enough power left to clean and deodorize garbage disposals and drains. Just dump the contents of the box down the drain or disposal and chase it with hot water. Baking soda helps keep drains and traps open and won't corrode the plumbing.

If you have a septic tank, pouring 1 cup of pure baking soda down the toilet every week will help eliminate septic tank odors and also prevent clogging and back-ups.

While you're in the bathroom, sprinkle baking soda on a damp sponge to clean the bathtub, toilet and sink. Baking soda won't scratch porcelain or even fiberglass and doesn't leave a dulling film when wiped dry.

Refreshing Bath

Now that your bathroom is gleaming, why not make yourself sparkle, too? Take a baking soda bath—dissolve ½ cup or more in a tubful of warm water and soak. It will leave your skin feeling naturally smooth and soft and smelling fresh. Pure baking soda won't irritate even sensitive skin because it's 100% natural.

The baking soda solution is also good as a perk up and deodorizes tired feet. Rubbing a baking soda paste on heels and calluses will make your feet feel smoother, too.

To eliminate unpleasant mouth odors, one teaspoon of baking soda in a half glass of warm water is a natural and effective mouthwash. Pure baking soda is also an effective plaque remower. When used dry on a damp toothbrush, baking soda cleans and polishes teeth gently as the leading commercial toothpastes, and leaves a natural, refreshing taste. It is safe to use every time you brush.

PTA meets

The Appomattox Middle School Parent-Teachers Association met Monday evening, April 18, 1983. Business included the installation of new officers by Mr. Richard Carter. Elected President was Danny Herncall; Vice-President, Mr. Walter Lee; Secretary, Mrs. Cindy Ranson; and Treasurer, Mrs. Jo Anne Burger.

Mrs. Kathy Whately, teacher, discussed Activity Night, a fund raising project to be held at the school Friday, May 13, 1983 beginning at 5:30 p.m. This event will feature games, fortune telling, a cake walk, food and drinks, plus many other events. A musical presentation by the chorus and band students will highlight the evening's entertainment.

In other business Mrs. Gail Craft, outgoing treasurer, reported a $500.00 donation by the PTA to the Middle School to help with the renovation of the second floor of the old auditorium.

AMS set for Activity Night

The Appomattox Middle School will have Activity Night Friday, May 13.

Items needed for the Country Store (a flea-market type store) include used childrens clothing, used teens' clothing, glass items and miscellaneous flea market items.

Anyone wishing to donate items may bring them to the school anytime during the day. The school officials appreciate everyone's help in making this day a big success for the PTA and the school as a whole.

Service slated at Promise Land Church

"Very few of us would be Christians today if there had not been missionaries yesterday."

You are cordially invited to attend the regular preaching services to be held at Promise Land Baptist Church at 11 a.m. Rev. Albert E. Davis, Sr. is pastor. The Chancel Choir will render music.

On Sunday, May 8, at 3 p.m. the Royal Supremes of Farmville will render a musical program. We extend an invitation to come and hear songs of praise.

On Saturday, May 7, at 1 p.m. the Chancel Choir will have rehearsal. We urge all members to attend and extend an invitation to new members who would like to join.

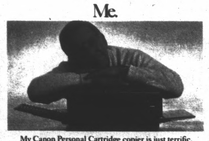
The Chancel Choir will celebrate their anniversary on Sunday, June 19, at 4 p.m. Invitations to area churches stated 3 p.m. Time should be 4 p.m.

The Usher Board is making plans for their anniversary which will be held June 26.

Mrs. Theresa Thornton has returned home from the hospital and is improving nicely. All othr sick continue to improve.

Jacquetta Pettigrew would like to thank everyone in the community for their help on the cancer drive.

Finally, a copier for the most important person in my life.
Me.



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Canon PC-10 Compact. Convenient. Personal. With single-sheet feeding. The shortest distance between you and a quick copy.

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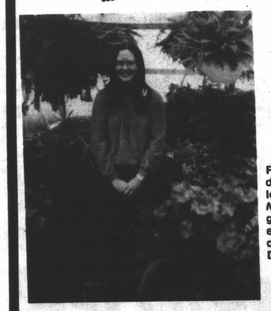

MOTHER'S DAY SPECIALS
MAY 7 & 8
You're Invited
To A Mother's Day
WEEKEND SPECIAL
MAY 7 & 8
BRING MOM WITH YOU AND SAVE 10%

Pictured is Shirley Barksdale, owner, with some of the lovely plants ready for Mother's Day. A prize will be given for the youngest and oldest mother to register. Also a drawing for the "Mother Of The Day."

Let flowers say "I LOVE YOU MOM!"

SHADOW WOOD GREENHOUSE
ROUTE 671 — MADISONVILLE, VA.

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Pick Out Anything In Our Store For Mom And Get 25% Off With This Coupon

25 % off
Any Mother's Day Gift!
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BREAKING THE 100-MEMBER MARK - Helen Anderson (left) became the 100th member of the Appomattox County Chamber of Commerce last week, reaching a membership goal which a year ago was considered an absolute maxium. Lloyd Vaughan, chairman of the Chamber's membership committee, presents Helen with her membership certificate. Having surpassed the 100-member mark, the chamber, which has continued to grow in the past year, will set a new membership goal, possibly as high as 200.

DIRECTORS FOR THE UPCOMING YEAR were elected at last Tuesday's meeting of the Appomattox County Development Corporation. Those elected to the Board of Directors shown above are (from left) front row - Monte Mays, Bruce Cowan, Dr. Jack Mathews; back row - Jim Webb, F. T. Seargent, Bill Slagle, and David Nash. Not shown in the above photo are directors Horace Coleman and Herbert Chambers.

Jones to head up Armstrong

Joseph L. Jones, a native of Farmville, has been elected chief executive officer of Armstrong World Industries, Inc., effective August 1.

On that date Jones, currently an executive vice-president of the company, will become chairman and president. He will succeed Harry A. Jensen, who will continue as a member of the Board of Directors.

Jones, who will become the ninth president in the 123-year history of the company, joined Armstrong in 1947 following his graduation from Virginia Polytechnic Institute and Army service in the Pacific during World War II. After gaining managerial experience in production planning and production, in 1968 he was elected a vice-president of the company and named general manager of its newly formed Carpet Operations. He was elected a senior vice-president in 1973. Early in the following year he was elected to his current position as executive vice-president and was elected a member of Armstrong's Board of Directors.

Joseph L. Jones

He also is a director of Carpenter Technology Corporation, Reading, Pa., is a member of the Board of Directors of the National Association of Manufacturers, and is a trustee of the Lancaster General Hospital. He and his wife, the former Jeanne Jennings of Texarkana, Tex., have three children.

Armstrong, with 1982 sales of about $1.3 billion, is primarily a manufacturer and marketer of interior furnishings. Its products include floor coverings (resilient flooring and carpets), ceiling systems and furniture, as well as a variety of speciality products for the building, automotive, textile and other industries.

HOLIDAY INN SOUTH

Breakfast Buffet
7 a.m. to 10:45 a.m. $3.95
Scrambled Eggs, Sausage, Bacon, Homemade Sausage Gravy, Danish Hash Browns, Fried Apples, Homemade Biscuits and Jelly, Assorted Juices, Assorted Cereals, Assorted Fruits.

Brunch Buffet
11 a.m. to 2 p.m. $6.95

Dinner Buffet
2 p.m. to 9 p.m. $6.95
Carved Roast, Steamship Round of Beef, Carved Roast Turkey, Carved Sugar Cured Hams, Southern Fried Chicken, Assorted Hot Vegetables, Salad Bar, Assorted Desserts, Ice Cream Sundae Bar

FOR RESERVATIONS CALL
845-1440
HOLIDAY INN SOUTH

HOLIDAY INN NORTH

Mother's Day Buffet
11 a.m. to 9 p.m. $5.95
Roast Sirlion of Beef, Sugar Cured Ham, Southern Fried Chicken, Roast Turkey, Delightful Assortment of Hot Vegetables, Salad Bar, Desserts.

HOLIDAY INN NORTH
929-6506

Inge is appointed

Bernard J. Haggerty, Regional Executive Officer for Virginia National Bank's Central Region Offices, announces the appointment of Malcolm G. Inge to Marketing Officer, Central Region.

Mr. Inge joined the bank in 1973 as an outside adjustor in the Harrisonburg area. He was promoted to collection manager in 1975 and subsequently to Assistant Installment Loan Officer in the Charlottesville Office. In 1977, he joined the Personnel Department, and served as Personnel Office until 1980 when he was named Assistant Commercial Loan Officer. In 1982, he was promoted to Assistant Vice President and Assistant Manager for the Charlottesville Office.

After graduation from Appomattox High School in 1968, Mr. Inge attended Virginia Polytechnic Institute and State University before serving in the U.S. Army Communications Security Force until 1972. In addition, Mr. Inge has completed four American Institute of Banking courses and has been an A.I.B. instructor for Personnel Management.

Malcolm Inge

He has held various positions in the local Untied Way, Cancer Society and Ivy Creek Foundation, and is currently the president for the Charlottesville Chapter of the American Institute of Banking.

Mr. Inge and his wife, Mary, live in Albemarle County. They have one daughter, Kinzie Leanne.

Mr. Inge is the son of Mr. and Mrs. J. M. Inge of Pamplin, Virginia.

Longwood will launch new work-experience program

Longwood College is launching a "Work Experience Program" to enable financially disadvantaged students to work their way through college.

Through waivers and wages, Longwood will provide sufficient funds for selected students to cover practically all of their expenses for attending the College.

Approximately 10 students will be accepted for the program this year. They will be assigned to the College's housekeeping division.

The program is open to current Longwood students and to incoming transfers and freshmen. Students must be enrolled in a degree program and must take at least 12 credit hours. Students must maintain at least a 2.0 grade point average.

Students may apply through the College's Financial Aid Office. Faculty, staff, and other interested individuals may nominate students for the program.

Dr. Verna Armstrong, vice president for business affairs, said the program has "many benefits" for both the students and the College: "It will enable some students to attend college who could not otherwise afford to do so; it will enable students to acquire skills which will enchance their value to potential employers; and it will provide manpower for College operations, thereby keeping them at an economical level."

Walter Day is promoted

Marine Lance Cpl. Walter D. Day, son of Walter L. and Gloria R. Day of Route 1, Appomattox, has been promoted to his present rank while serving at Marine Barracks, Norfolk, Va.

DECIDING ON A NEW CAR?

The time to check on financing is before you buy that new car. The place to check on financing rates is Farmers National Bank. Call Jim Pugh, Floyd Williams, Loretta Layne or Bill Hunter - - before you buy. We'll help you to make the right decisions!

Farmers National Bank
The Only Bank in Appomattox With Two Locations To Serve You
DOWNTOWN — TRIANGLE PLAZA SHOPPING CENTER
FDIC